Camshaft

This is a very extensive procedure, on the front wheel drive versions of the 60 degree block, it is required to remove the engine from the car. I won't go into detail about how to install a camshaft, instructions are provided with the camshaft, and in one of the two repair manuals you can find listed in my Rebuild section. You can expect gains anywhere from 20 - 35 hp depending on what mods you already have on your vehicle.

For those of you who are wondering exaclty what a camshaft does for extra horse power, ill try to explain it. The purpose of a camshaft in any car, is to determine when the intake and exhaust valves should be open, how much they should be opened, and for how long. Aftermarket camshafts usually open the valves more and for a longer period of time. Somehow this combination produces more hp at higher rpm's.

Computer controlled vehicles require a special kind of camshaft designed to produce more power, and still pass emissions. Keep this in mind when purchasing any Camshaft from any manufacturer.

This kit from Crane Cams is a 2030 series computer cam for 2.8/3.1 vehicles with computer controlled engines. Cost is around $150 from Summit or Jegs. GM Performance Parts also carries a Cam set for the same application and is priced at $127.74, GM Performance Part# 12364059. Both kits include hydraulic lifters. With either set, I would strongly suggest getting a better set of Valve Springs. GM Performance Parts carries a nice set for $4.97 each part # 12363215, and must be used with their Valve Spring retainers ($2.74 each) Part # 12363216.